

A B S T R A C T

A motor vehicle runner having one element comprising a fin connected to a base perpendicular to the fin, said 5 first runner element comprising first and second sheet metal section members each having a fin wall, the fin walls of the first and second section members touching each other and being fixed together via their main faces to form the fin of the runner element. The first section 10 member further comprises a base wall connected to the fin wall of the first section member by a rounded bend which co-operates with the second section member to define a slot. The runner element further comprises a bridge of material which spans said slot and constitutes a direct 15 rigid mechanical connection between the second section member and the base wall of the first section member.